

College, Cozens of Los Angeles, and Brace of Texas who have already done considerable research along this line.

As I see it, the big part of the work of the Institute would be the actual program for conditioning and improving the physical fitness of those who pass the original health examination. Obviously those who are rated as Class A would need some training to develop their highest potentialities along the line of physical fitness. Many of our football players, for example, would need training in the more skillful use of the body such as could be secured by other forms of games, aquatic activities, apparatus work in the gymnasium, etc.

The group whom we might call Class B, or those not able to pass the more vigorous activities, would definitely need a program of physical education of an all-round type. The findings of their health or medical examinations and their physical fitness score would determine their program of activities. This group would need to be taught some of the more rugged types of game activities which were within their capacities and at the same time given work to improve their bodily skills. A definite biological improvement and with it the development of an appreciation for physical fitness, which comes only to those who have the physique and skills necessary for the performance of some of the more vigorous activities found in a good program of physical education, would be the goal for Group B.

Obviously those in groups below C and D need definite corrective work in an attempt to raise their status of physical fitness just as we would attempt to raise the status of physical fitness of Group B to that of Group A. In Group C would be found those who are not too well nourished and those who are too well nourished, as well as those with postural defects which might be amenable to correction or at least improvement by prescribed exercises. This would be somewhat in the line of the work which we did in the Reconstruction